SENIOR GAMES GENERAL INFO & REGISTRATION PROCESS

Athletic Competition & Prelims: April 1 - May 2, 2019

SilverArts Performance Competition: May 16, 2019 | SilverArts Literary, Heritage, Visual Exhibition: May 14-15, 2019

OPEN TO: All Alamance County residents, who have lived in North Carolina at least three consecutive months and are 50 years of age or older. Age on December 31, 2018 will determine the category in which the athlete will compete. In athletics, participants will compete against others of their own sex and age as follows: 50-54, 55-59, 60-64, 65-69, etc. Proof of age must be presented at registration. IN DOUBLES, TEAMS WILL BE PLACED IN AGE CATEGORIES BY THE AGE OF THE YOUNGEST PLAYER.

EVENTS:

Are listed on registration form. If 2 events overlap or are scheduled at the same time, the athlete will need to choose the event he/she wants. In SilverArts, each artist may enter up to three pieces in any combination of categories. However, if total entries exceed available display space, only one or two pieces per person will be displayed. A/BSG reserves the right to choose pieces to be displayed if there are too many entries for the available space.

EQUIPMENT: Participants in the following events will supply their own equipment: Golf - USGA approved Golf clubs and balls; Tennis - tennis racket and balls; Racquetball - racquet, balls and goggles; Horseshoes - horseshoes (optional); Cycling - bicycle and helmet; Badminton - racquet.

ENTRY FEE: As a participant in the 32nd Annual Alamance/Burlington Senior Games your entry fee of \$10.00 will include an official Senior Games shirt, a FREE breakfast, an Awards Tea and a Senior Games packet of information. A facility fee of \$15.00 will be charged for golf, \$6.00 for each bowling event, \$9.00 for billiards, \$1.00 for Putt-Putt, and \$2.00 for each badminton event. These are in addition to the \$10.00 entry fee. If registration form is accepted after deadline you are not guaranteed a shirt. Entry fees will be refunded if registration is cancelled by April 1 for athletic competition and April 12 for SilverArts. ATHLETIC AND SILVERARTS REGISTRATIONS WILL BE TAKEN UNTIL MARCH 1. SilverArts participants will be required to sign a liability waiver release form releasing A/BSG from damage or theft that may occur while art work is displayed.

AWARDS:

Gold, Silver, and Bronze Medals will be awarded to the top three finalists in each age/sex category in each athletic event except the Fun Walk. Ribbons will be awarded in the Fun Walk. Athletic medals will be given out at the Awards Tea. The awards for SilverArts Performing category will be awarded at the SilverArts Talent Show - May 16. Each sub-category will be judged separately except for Performing Arts. Ribbons will be awarded to SilverArts winners. State Finals Registration Forms will be given out at the Awards Tea, SilverArts Talent Show and the Reception at the Kernodle Senior Center. If you win a medal in an athletic event, Best of Show in Performing Arts or Literary Arts, Best of Show or 1st place in Heritage or Visual Arts or a ribbon in the Silver Striders Fun Walk, you are eligible to go to State Finals, except in golf where minimum standards have been set. DEADLINE TO REGISTER FOR STATE FINALS: EARLY BIRD DEADLINE JULY 1, OR MUST BE RECEIVED BY NCSG BY 5:00 P.M. ON AUGUST 1.

CONFIRMA- Each athletic entry application will be confirmed no later than March 31. Confirmations will include any time **<u>TION:</u>** changes or rain schedules. SilverArts entries will be confirmed no later than April 25.

COMPLET-

Be sure to answer all questions on the Participant Registration Form and Health Information Form,

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sign the Liability Waiver, complete event registrations and mail your completed application prior to the Entry Deadline: March 1 – Senior Games and SilverArts. Include entry fees. Incomplete forms will be returned.

TRATION:

RULES:

All events will be conducted in accordance with the 2019 Edition of the North Carolina Senior Games, Inc.

Official Rule Book. If you have any questions about event rules please call Jane Smith 336-222-5135.

"To promote total health and physical fitness, events of longer duration and lower intensity are strongly

SR. GAMES **MISSION:** recommended. High-intensity types of activities are offered primarily for the conditioned, trained athlete."

THIS EVENT IS PRODUCED BY THE ALAMANCE COUNTY, BURLINGTON AND GRAHAM RECREATION & PARKS DEPARTMENTS, ALAMANCE COUNTY YMCA, AND BURLINGTON SENIOR ADULT LEISURE SERVICES.

ATHELETIC EVENT REGISTRATION: Due March 1, 2019

NAME:			DATE	OF BIRTH:
	_ Awards Tea	Thursday, May 2	2:00 pm	Kernodle Sr. Center
	_ Archery	Tuesday, April 16	2:00 pm	Blackwood Farms, Hillsborough
*	_ Basketball Shooting	Thursday, April 4	1:30 – 2:30 pm	Fairchild Center
*	Bowling Singles	Tuesday, April 16	1:00 - 3:30 pm	Country Club Lanes West
*	_ Bowling Doubles**	Tuesday, April 2	1:00 - 3:30 pm	Country Club Lanes West
*	Bowling Mixed Doubles**	Monday, April 15	1:00 - 3:30 pm	Country Club Lanes West
*	_ Cycling – 1 mile	Wednesday, April 17	8:00 am	Williams High School
*	_ Cycling – 5K	Monday, April 15	7:30 am	Pine Hill Cemetery
*	_ Cycling – 10K	Monday, April 15	7:30 am	Pine Hill Cemetery
*	_ Discus Throw	Thursday, April 18	7:45 am	Williams High School
	Free Breakfast	Tuesday, April 2	9:00 am	Kernodle Sr. Center
*	Participant Salute & Packet Pick- Football Throw	սր Thursday, April 4	1:30 – 2:30 pm	Fairchild Center
*	_ Golf	Wednesday, April 10	8:00 am	Indian Valley Golf Course
*	Minimum performance standara Putt-Putt	Is for State Finals and Tee Times will be Monday, April 15	mailed to you. 10:30 - 11:30 am	Putt-Putt Golf & Games
*	_ Shot Put	Thursday, April 18	7:45 am	Williams High School
*	_ Softball Throw	Thursday, April 11	9:00 – 10:30 am	City Park Field #2
*	Spin Casting	Thursday, April 11	9:00 – 10:30 am	City Park Field #2
*	Standing Long Jump	Tuesday, April 16	7:45 am	Williams High School
*	_ 50 Meter Dash	Wednesday, April 17	6:45 am	Williams High School
*	100 Meter Dash	Wednesday, April 17	7:00 am	Williams High School
*	200 Meter Dash	Wednesday, April 17	7:15 am	Williams High School
*	_ 400 Meter Dash	Wednesday, April 17	7:30 am	Williams High School
*	_800 Meter Run	Wednesday, April 17	7:45 am	Williams High School
*	_1500 Meter Run	Tuesday, April 16	7:00 am	Williams High School
*	5K Run	Thursday, April 18	6:45 am	Williams High School
*	_ 1500 Meter Race Walk	Thursday, April 18	7:30 am	Williams High School
*	Racers must wear tights OR sho 5K Race Walk Racers must wear tights OR short	Tuesday, April 16	7:15 am	Williams High School
*	_10K Run	Tuesday, April 23	6:45 am	Williams High School
*	_Silver Striders Fun Walk	Thursday, April 11	8:15 am	City Park Walking Track
SWIMN	/IING: (Limit 6 events)	Tuesday, April 9	10:00 am	YMCA
*	_ 25 Yd. Backstroke *	50 Yd. Backstroke *	_ 100 Yd. Backstroke	* 200 Yd. Backstroke
*	_ 25 Yd. Breaststroke *	50 Yd. Breaststroke *	_ 100 Yd. Breaststroke	* 200 Yd. Breaststroke
*	_ 25 Yd. Butterfly *	50 Yd. Butterfly *	_ 100 Yd. Butterfly	* 200 Yd. Butterfly
*	_ 25 Yd. Freestyle *	50 Yd. Freestyle *	_ 100 Yd. Freestyle	* 200 Yd. Freestyle
*	_ 500 Yd. Freestyle *	100 Yd. Ind. Medley *	_ 200 Yd. Ind. Medley	* 400 Yd. Ind. Medley

TEAM SPORTS:

*				
*	Softball (Extra team playe	r fee applies) Team Name	:	
	Age Group:		Team Captain:	
You		your confirmation. Please	ream Captain: gight to change the times/locations listed below according to participation. mation. Please keep in mind these are tournament events and matches may natch to a later time. Ny, April 17 3:15 pm Rack & Roll 1243 Plaza Dr. Burlington Repr 3, Thu Apr 18 fternoon if necessary) 2 9:00 am - 4:00 pm Fairchild Center April 11 9:00 - 12:00 noon City Park Field #2 April 8 9:00 am - 4:00 pm Elmira Center April 2 7:00 pm YMCA 3-17 Morning & Afternoon Session April 11 5:30 - 8:30 pm Kernodle Sr. Center April 11 5:30 - 8:30 pm Kernodle Sr. Center April 11 5:30 - 8:30 pm Kernodle Sr. Center April 15 3:00 - 8:30 pm Fairchild Center	
*	Billiards	Wednesday, April 17	3:15 pm	
*		pr 1, Wed Apr 3, Thu Apr Thu Apr 11, afternoon if necess	•	Kernodle Sr. Center
*	Cornhole	Fri, April 12	9:00 am - 4:00 pm	Fairchild Center
*	Croquet	Thursday, April 11	9:00 - 12:00 noon	City Park Field #2
*	Horseshoes	Monday, April 8	9:00 am - 4:00 pm	Elmira Center
*	Racquetball	Tuesday, April 2	7:00 pm	YMCA
*	Shuffleboard	Wed Apr 3-17	Morning & Afternoon Session	Fairchild Center
*	Table Tennis - Singles	Thursday, April 11	5:30 - 8:30 pm	Kernodle Sr. Center
*	Table Tennis - Doubles**	Thursday, April 11	5:30 - 8:30 pm	Kernodle Sr. Center
*	Table Ten Mixed Dbls.**	' Thursday, April 11	5:30 - 8:30 pm	Kernodle Sr. Center
*	Badminton - Singles	Monday, April 15 (possible Tue Apr 16 if necessor	•	Fairchild Center
*	Badminton- Doubles**	Monday, April 15 (possible Tue Apr 16 if necessor	•	Fairchild Center
*	Bad Mixed Doubles**	Monday, April 15 (possible Tue Apr 16 if necessor	•	Fairchild Center
*	Tennis - Singles	Monday, April 1	9:00 - 12:00 noon	Burlington Tennis Center
*	Tennis - Doubles**	Thursday, April 4	9:00 - 12:00 noon	Burlington Tennis Center
*	Tennis - Mixed Doubles**	Tuesday, April 16	9:00 - 12:00 noon	Burlington Tennis Center
*	Pickleball - Doubles**	Monday, April 22	2:00 - 8:30 pm	Fairchild Center
*	Pickleball - Mixed Dlbs.**	Monday, April 22	2:00 - 8:30 pm	Fairchild Center
*	Pickleball - Singles (please report 30 minutes before	Monday, April 22 match)	2:00 - 8:30 pm (possible Tue Apr 23 if neces	Fairchild Center sary)
**Pa	rtner's Name - You are to requ	uire to find your own partr	ner for all doubles events ** ab	ove:

	Doubles Partner's Name	Mixed Doubles Partner's Name
Badminton		
Bowling		
Table Tennis		
Tennis		
Pickleball		